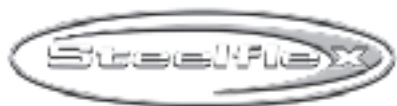




Steelflex XE-3700

User Manual



XE-3700

Elliptical

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SAFETY TIPS

IMPORTANT SAFETY INSTRUCTIONS SAVE THESE INSTRUCTIONS

When using an electrical product, basic precautions should always be followed, including the following:

Read all instructions before using this exercise product.

Your Steelflex Elliptical is self-generating (requiring no external power source) and in this mode must be pedaled to power-up the console.

Alternatively, the Elliptical can instead be plugged into an outlet using the included power supply.

WARNING!

To reduce the risk of burns, fire, electrical shock or injury to persons:

- Use this exercise product for its intended use as described in this Owner's Guide. Do not use attachments not recommended by the manufacturer.
- Never drop or insert any object into any opening.
- Do not remove the Elliptical side covers. Only an authorized Steelflex retailer should perform Service.
- Never operate this Elliptical if it has a damaged cord or plug, if it is not working properly, if it has been damaged, or immersed in water. Return the Elliptical to a retailer for examination and repair.
- Do not use outdoors.

CHILDREN

- Keep children off your Steelflex Elliptical at all times.
- When the Steelflex Elliptical is in use, young children and pets should be kept at least 10 feet away.



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OTHER SAFETY TIPS FOR YOUR STEELFLEX ELLIPTICAL

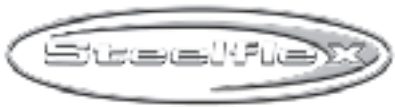
CAUTION!

If you experience chest pains, nausea, dizziness or shortness of breath, stop exercising immediately and consult your physician before continuing.

- Do not wear clothing that might catch on any part of the Elliptical.
- Read this Owner's Guide before operating this Elliptical.

CLEANING

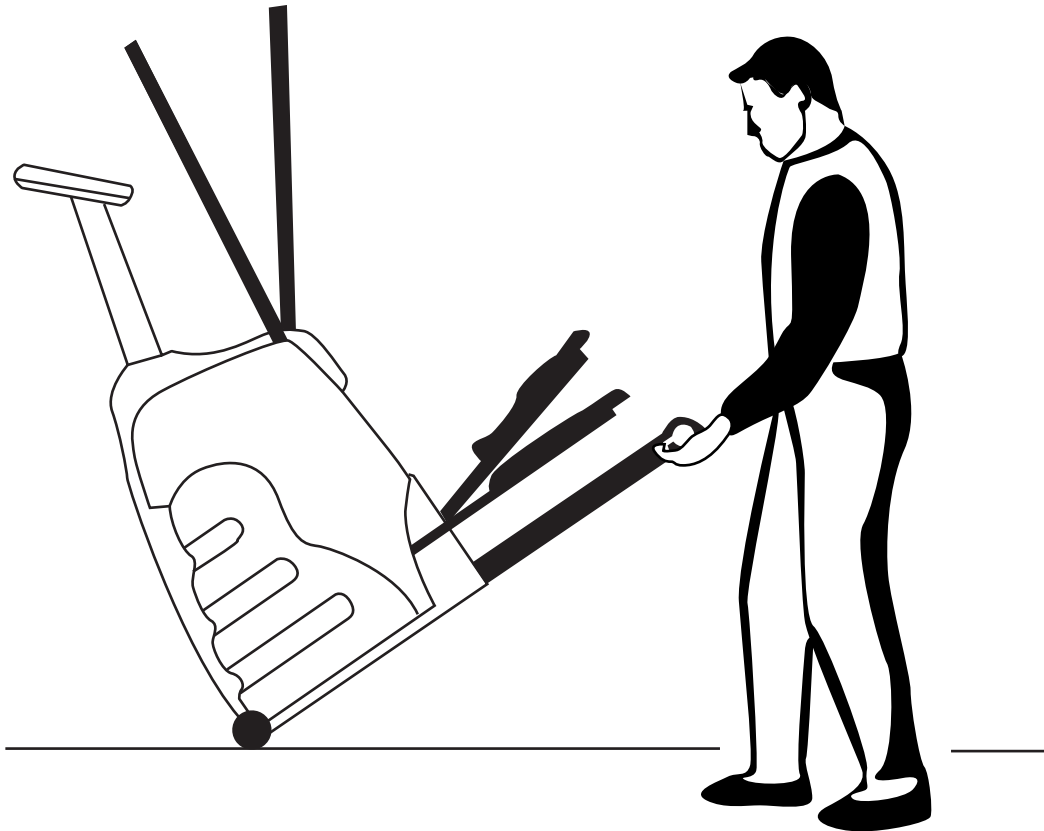
- Clean with soap and slightly damp cloth only; never use solvents.



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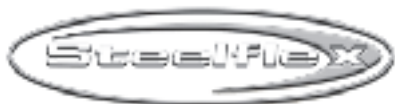
MOVING

Your Steelflex Elliptical has a pair of transport wheels built into the front legs.



To move the Steelflex Elliptical, firmly grasp the rear foot assembly, carefully lift and roll on the transport wheels.

Caution: Our Elliptical is well built and heavy. Take caution and use additional help if necessary.



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CONTROL PANEL AND WINDOW DISPLAYS





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WINDOW DISPLAYS

Time:

Indicates elapsed time after pressing start (0-99 minutes and 59 seconds).
Can also be set to count down.

Distance:

Indicates miles traveled in .01 mile increments up to 99.9 .

Speed:

Shown as miles/Hour

Heart Rate:(Pulse)

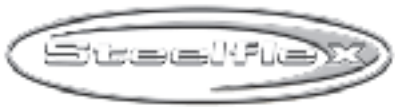
Shown as beats per minute. You can monitor your heart rate at any time during a workout.

Calories:

Indicates estimated accumulated calories burned, based on weight, distance, workload and time.

NOTE:

This information will only display as long as you continue pedaling.



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CONTROL PANEL FUNCTIONS

KEYS



used to scan time,distance,speed,calories and pulse.



Used to set distance and calories during set up.



Used to turn console on.
Clear time and reset by holding the clear reset button down for 3 seconds.



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QUICK REFERENCE OPERATING INSTRUCTIONS

WITH EXPRESS COMMAND KEYS

The following is a quick overview of the basic operating features of your product.

Getting started

1. Press Reset 

This will activate the LCD display.

2. Press mode 

This will allow you to scan distance, speed, time, calories and pulse.

3. Use the   arrows to adjust the distance and calories to accommodate for a better workout.

CHANGING RESISTANCE

There are two ways to increase your workload. You can pedal faster, or you can turn the tension knob. The tension knob is located below the console. The tension knob will adjust to one of 16 levels of resistance.



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TARGET HEART RATE ZONE

Your Target Heart Rate Zone is a percentage of your maximum heart rate. Target Zone will vary for each individual, depending on age, current level of conditioning, and personal fitness goals. The American College of Sports Medicine recommends working-out at a Target Heart Rate Zone of between 60% of maximum heart rate. See the chart below for convenient reference.

EXAMPLE:

For a 35-year old user: find AGE along the bottom of the chart, follow the AGE column up to TARGET ZONE bar. RESULTS: 60% of maximum Heart Rate = 111 Beats per Minute, 75% of maximum Heart Rate = 139 Beats per Minute. With this Target Zone of 111-139 Beats per Minute it is best to enter an average Target Heart Rate of about 118 Beats per Minute into the Console.

HEART RATE TRAINING ZONE						
MAX	BEATS PER MINUTE					
85%	170	161	153	144	136	128
70%	140	133	126	119	112	105
60%	120	114	108	102	96	90
AGE	20	30	40	50	60	70



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BENEFITS

- Weight Loss-Helps you maintain an optimum exercise level to burn fat.
- Efficient-Quantifies your exercise level for maximum benefit.
- Time Saver-Makes the most of your limited workout time.
- Motivation-Provides encouragement to achieve your fitness goals and reach for new heights.

WARNING !

Consult your physician to determine your target heart rate before using the heart rate control mode of this product!

The above chart is to be used only as an average reference point and is in NO WAY a recommendation of your personal abilities!

Medications may affect your heart rate. Consult your physician for specific advice before exercising.

Do not use this product if you have an acute illness, cold or fever.

STOP EXERCISING IF ANY OF THE FOLLOWING OCCURE:

- YOU FEEL FAINT OR DIZZY
- YOU EXCEED YOUR MAXIMUM HEART RATE AS SET BY YOUR PHYSICIAN.



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DEVELOPING A FITNESS PROGRAM

Warm Up:

Warming up is an extremely important phase, but unfortunately, it's often an activity that is ignored and painful, frustrating muscle pulls or strains may be the result. There are two goals for warm - up: warming up the muscles of the back and the extremities (so that you can stretch them without injury), and slight acceleration of the heart rate so the body can move gradually into the target heart rate.

Warm - ups should consist of 5-10 minutes of exercises that are not very demanding: marching in place, stepping side to side and swinging your arms walking at a pace of about 3.5mph, ect. (your heart rate should be between 90 - 120.

A gradual warm - up will do the following:

Produce faster more forceful muscle contractions.

Increase your metabolic rate so oxygen is delivered to the working muscles more quickly.

Leads to efficient calorie burning by increasing your core body temperature

Prevent injuries by improving the elasticity of your muscles.

Allow you to work out comfortable longer because your energy systems are able to exercise, preventing the buildup of lactic acid in the blood.

Improves joint range of motion.

Psychologically prepares you for higher intensities by increasing your arousal and focus on exercise.

Warm - up: Warm - up 5 to 10 minutes before aerobic activity.

Duration: Maintain your exercise intensity for 20 to 60 minutes.

Cool Down: Gradually decrease the intensity of your workout, then stretch to cool down during the last 5 to 10 minutes.

NOTE: If weight loss is your major goal, a minimum of 30 minutes of aerobic activity five or more times per week is recommended.



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FLEXIBILITY

Adequate flexibility is the ability to move your limbs and joints easily (through a complete range of motion) the way you need to in order to meet the challenges of daily life. Fortunately there's a positive reinforcing cycle between flexibility and activity. Adequate flexibility enables you to maintain an active lifestyle, and an active lifestyle makes an important contribution to maintaining adequate flexibility. These relationships grow stronger the older we become.

When should I stretch?

Any time is a good time to Stretch. In the morning it can work out the kinks in your back, at work, you can relax your neck and shoulders, and after work stretch out your lower back. However, you should never do your stretches before you have had a chance to warm your body up.

How should I stretch?

Perform the following stretches slowly and smoothly until you feel a slight tugging sensation on the muscles involved. Don't stretch to the point you feel pain, and don't bounce you could pull a muscle. Hold each stretch for 10 to 20 seconds. Exhale through the stretch, and breathe slowly. This will keep you from bouncing.

1. Calf (back of lower leg)

- a. Straight knee start with the leg to be stretched approximately three feet from the wall and the opposite leg on step forward. Lean toward the wall, keeping your heels down and feet turned in slightly.
- b. Bent knee start same as above, but move approximately one foot closer to the wall and bend the knee of the back leg to be stretched.
- c. Repeat using the other leg.



2. Iliotibial Band (outside of hip)

- a. Start with the leg to be stretched one step back and behind the opposite foot. Move your hips sideways toward the side of your body being stretched. Keep the upper body away from the wall and do not bend forward.
- b. Repeat using the other leg.



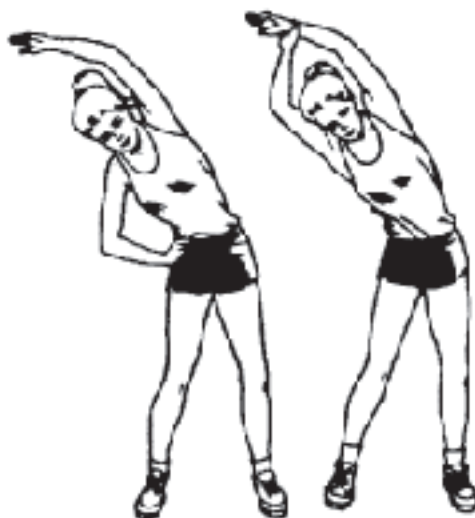
3. Lower Back, Hips, Groin, and Hamstrings

- a. Stand with the feet about shoulder- width apart and pointed straight ahead. If you are pretty flexible and need more of a stretch, cross one leg in front of the other for a few stretches, then switch legs.
- b. Slowly bend forward from the hips, always keeping your knees slightly bent.
- c. Stretch only to the point where you feel a tugging in the back of your legs.



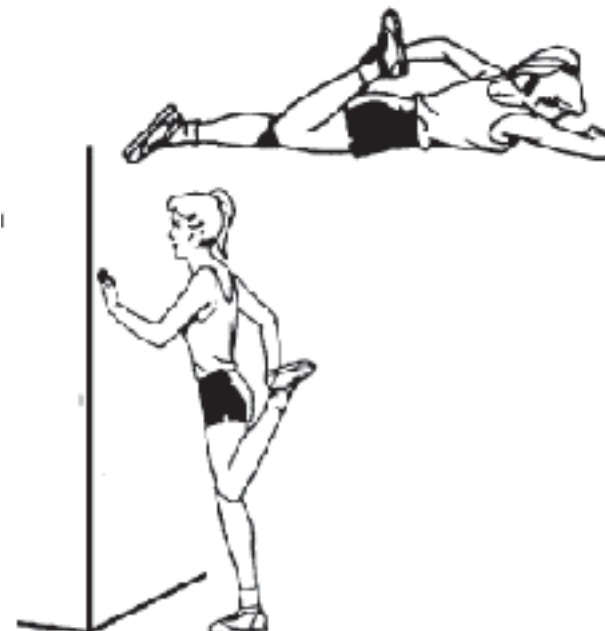
4. Side Bends

- a. Stand with your feet about shoulder - width apart and toes pointed straight ahead. Keep your knees slightly bent, one hand on your hip; extend your other arm up and over your head. Slowly bend at your waist to one side, toward the hand on your hip
- b. Extend both arms overhead. Hold your right hand with your left hand and bend slowly to the left, using your left arm to pull the right arm gently over the head and down toward the ground.
- c. Repeat with other side.



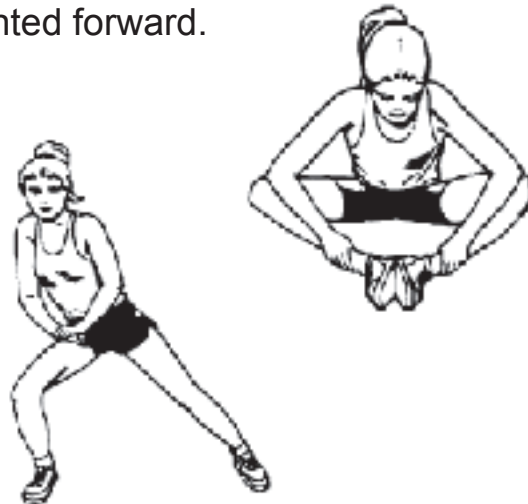
5. Quadriceps (front of thigh)

- a. Lying on our stomach, pull the heel toward your buttocks with the opposite hand. Keep the thigh of the leg being stretched close to the leg on the floor.
- b. The same stretch can be done standing. Do not allow the thigh to come in front of you and do not bend forward at the waist.
- c. Do this exercise twice - once on each leg.



6. Groin (inside of thigh)

- Sit on the floor with the soles of your feet together. Gently push knees down toward the floor with your elbows.
- Stand with your feet three to four feet apart and turned out slightly. Keep the knee of the leg to be stretched straight, and bend the opposite knee as you move your body toward the bent leg. Keep your toes pointed forward.
- Repeat using the other leg



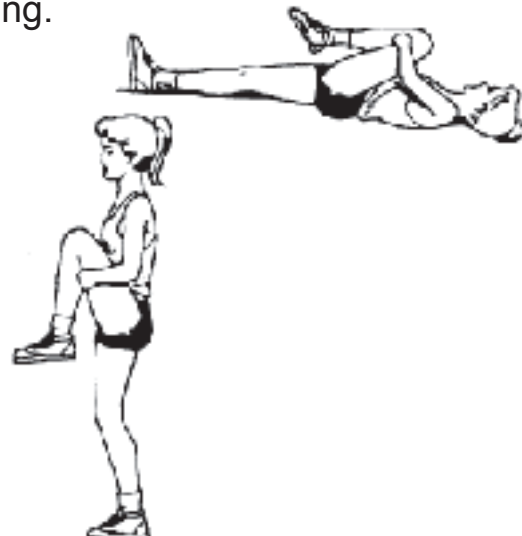
7. Hamstrings (back side of upper leg)

- Sit with one knee bent and the leg to be stretched out straight. Reach for the toes of the straight leg with the right hand and then the left hand.
- Repeat with the other leg.



8. Gluteus (back of hip)

- Lie on your back. Pull one knee up to your chest while keeping the opposite leg down on the floor with the knee straight.
- The same may be done standing.
- Repeat with the other leg.

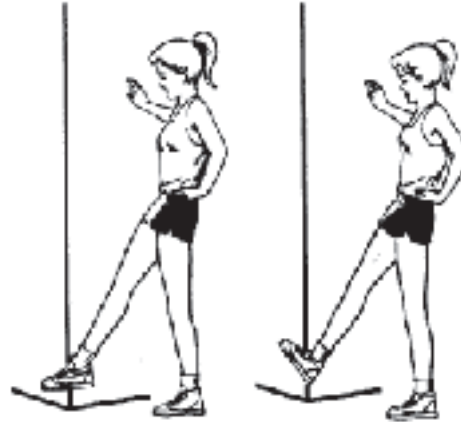




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9. Anterior Tibialis (front of shin)

- Stand with all of your weight on one leg. Extend the opposite leg forward and flex and point at the ankle.
- Repeat with the other leg.



10. Iliopsoas (lower back)

- If you have a neck problem, be very careful with this stretch. In a sitting position (on a mat or rug) hold your knees with your hands and pull them to your chest.
- Gently roll up and down your spine, keeping your chin down toward your chest. This will further stretch the muscles along the spine.
- Try to roll evenly and with control. Roll back and forth 4 to 8 times or until you feel your back loosen.

WARNING

Consult your physician to determine your target heart rate before using the heart rate control mode of this product!

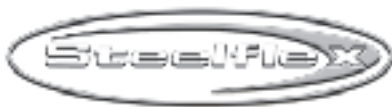
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STOP EXERCISING IF ANY OF THE FOLLOWING OCCURE:

- YOU FEEL FAINT OR DIZZY
- YOU EXCEED YOUR MAXIMUM HEART RATE AS SET BY YOUR PHYSICIAN.



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Exercise Guidelines:

The American Council of Sports Medicine (ACSM) recommends the following exercise guidelines, for healthy aerobic activity:

- Warm - up: Warm - up 5 to 10 minutes before aerobic activity.
Duration: Maintain your exercise intensity for 20 to 60 minutes.
Cool Down: Gradually decrease the intensity of your workout, then stretch to cool down during the last 5 to 10 minutes.
NOTE: If weight loss is your major goal, a minimum of 30 minutes of aerobic activity five or more times per week is recommended.

HEART RATE TRAINING ZONE							
MAX	BEATS PER MINUTE						
85%	170	161	153	144	136	128	
70%	140	133	126	119	112	105	
60%	120	114	108	102	96	90	
AGE	20	30	40	50	60	70	

The following chart explains how to determine your target heart rate for varying levels of intensity. The different levels of intensity will help you achieve different objectives.

Training Zones			
Zone	Intensity (%MHR)	Goal	Mode
1	50-60%	Improve health and well-being, decrease stress, reduce risk factors,	Very easy, conversational pace.
2	60-70%	Weight management and optimal fat burning	Easy pace, longer duration to build endurance.
3	70-80%	Aerobic fitness,	Faster pace, improve stamina.
4	80-85%	Aerobic / Anaerobic fitness	Increase speed and improve stride.
5	85-100%	Anaerobic fitness for peak performance and competition	Interval runs to increase VO2 MAX, speed, economy, and form.



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ACHIEVING YOUR FITNESS GOALS

Each of us are individuals with possibly different fitness goals. It is critical to determine what your goals are when developing a long term fitness program. STEELFLEX FITNESS Products are pleased with your decision in using our quality products to help reach your fitness goals. Below are some benefits of exercising. We have listed these to help in reaching your fitness goals:

- Strengthens heart and lungs
- Increases energy
- Lowers blood pressure
- Increases metabolism
- Prevents diabetes
- Strengthens bones
- Strengthens and tones muscles
- Maintains weight loss
- Improves productivity
- Improves sleep
- Reduces stress
- Improves posture and appearance
- Reduces feelings of depression
- Improves sense of well-being



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It's important that your goals are well defined and reachable. Put your goals in writing. The more specific you are the easier it will be to keep track of your progress. Setting long term goals are best reached if one incorporates short term goals in order to reach the overall long term goal.

The STEELFLEX product console provides you with several readouts that can be used to record your progress. You can track Distance, Calories or Time. Time is the most important and useful of the test functions.

SAMPLE GOALS:

Goal setting is a popular motivational technique. It's important to set goals and reward yourself when initiating a new exercise program because you're attempting to break current patterns and form a new habit. Whether you use this technique or another, make fitness a priority in your life. You can achieve the ultimate reward to yourself: you can establish the exercise habit!

Some sample goals may be:

To strengthen my heart by exercising 30 minutes three days a week.

(Goal Measurement: Exercise Time 90 minutes a week.)

To improve my bodies ability to utilize and burn fat at a higher rate by exercising at a low intensity for 45 minutes per session, 5 days per week.

(Goal Measurement: Exercise Time = 225 per week).

To decrease work other daily stress by exercising for 20 minutes a day on work days.

(Goal Mesurement: Exercise Time = 100 minutes per week).

KEEPING AN EXERCISE Diary

Feel free to photocopy the following weekly and annual log sheet.

By doing so you can pridefully check and return to look at the progress you have made.



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Diary

Week #

Date: _____

Number hours of sleep: _____

Weekly Goals: _____

Scheduled work out time: _____

Reward: _____

Level of intensity by % of your predicted maximal heart rate:

Day	Date	Workload Level	Exercise Time	Distance
Sunday				
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Totals				

Rating of your perceived exertion (R.P.E., Borg Scale)

6		13	Some What Hard
7	Very, Very Light	14	
8		15	Hard
9	Very Light	16	
10		17	Very Hard
11	Fairly Light	18	
12		19	Very, Very Hard

Photocopy and use on a weekly basis.



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HEART RATE CONVERSION FOR 10 SECONDS (USE AS REFERENCE)

11 = 66	19 = 114	27 = 162
12 = 72	20 = 120	28 = 168
13 = 78	21 = 126	29 = 174
14 = 84	22 = 132	30 = 180
15 = 90	23 = 139	31 = 186
16 = 96	24 = 144	32 = 192
17 = 102	25 = 150	33 = 198
18 = 108	26 = 156	34 = 204



JOONG GHENN INDUSTRY CO.,LTD.

Factory:

NO.280,Nangang 3rd Rd., Taiwan 540 R.O.C.

Sales office:

3F28, NO.5, Shin-Yi Rd., Sec.5, Taipei 110 R.O.C.

➤➤ Tel:886-2-27209980 ➤➤ Fax:886-2-27229750

➤➤ E-mail:joong@ms13.hinet.net

➤➤ <http://www.joong.com.tw>